

Pur DS 5

- 1. A food composition for use in changing body composition and/or physical work capacity, said food composition including colostrum or a fraction thereof wherein said fraction includes colostrum-derived growth factors maintained therein following fractionation of the colostrum.
- 2. A food composition according to claim 1 further including casein.

B 10

3. A food composition according to claim 1 extended wherein the growth factor is IGF-1.

4. A food composition according to claims 2 or 3 wherein said casein is colostrum-derived and maintained therein following fractionation of the colostrum.

15

20

5. A method of producing a food composition including colostrum or a fraction thereof including colostrum-derived growth factors maintained therein following fractionation of the colostrum for use in changing body composition and/or physical work capacity, said method including:

providing colostrum prepared by a process including:

subjecting colostrum to an ultra-filtration process to provide an ultra-filtered colostrum retentate;

subjecting the ultra-filtered colostrum retentate to a spray drying

25 process; and

removing the spray-dried colostrum...

6. A method according to claim 5 further including a bacterial reduction step including centrifuging the colostrum in a flow-through centrifuge wherein the centrifugation is performed by controlling throughput and residence time of the colostrum during centrifugation.

5 8. A food composition prepared by the method according to any one of

- 9. A food composition according to claim 8 further including casein.
- 10 10. A food composition according to claim 9 wherein the casein is colostrumderived following fractionation of the colostrum.
 - A method of changing body composition and/or physical work capacity, said method including administering an effective amount of a food composition according to any one of claims 1 to 4 or 8 to 19.
 - 12. A method of increasing tissue mass, said method including administering an effective amount of a food composition according to any one of claims 1 to 4.

13. A method of increasing fat utilisation, said method including administering an effective amount of a food composition according to any one of claims 1 to 4 or 8 to 10.

- perception of that fatigue, said method including administering an effective amount of a food composition according to enviore of claims 1 to 4 or 8 to 10
- 15. A method of increasing height, said method including administering an effective amount of a food composition according to any-one-of-claims 1 to-4 or 8 to-10.

人15

10

16. A method of increasing recovery after exercise, said method including administering an effective amount of a food composition according to any one of claims 1 to 4 or 8 to 10.

5 17. A method of treating or preventing a disorder of the gut, said method including administering an effective amount of a food composition according to any one of claims 1 to 4 or 8 to 10.

18. A method according to claim 17 wherein the disorder of the gut is selected from the group including mucositis, gastrointestinal damage from administration of non-steroidal anti-inflammatory drugs, gastrointestinal damage from irradiation therapy, gastrointestinal damage from chemotherapy, damage from infection in normal and in HIV/AIDS patients caused by pathogens selected from the group including rotavirus, E. Coli spp, Salmonella spp, Cryptosporidium spp, H. pylori, damage from gut surgery, and damage due to disease such as crohn's disease, inflammatory bowel syndrome, coeliac disease, or cystic fibrosis.

19. A method of reducing muscle damage during exercise, said method including administering an effective amount of a food composition according to the any one of claims 1 to 4 or 8 to 10.

20. A method of increasing physiological buffering capacity, said method including administering an effective amount of a food composition according to

21. A method of improving gut growth and development, said method including administering an effective amount of a food composition according to any one of claims 1 to 4 or 8 to 10.

5 23. A method of improving vertical jump performance, said method including B administering an effective amount of a food composition according to any one B efficients 1 to 4 or B to 10.

24. A method of improving the ability to generate peak power and peak 10 force, said method including administering an effective amount of a food composition according to any one of claims 1 to 4 or 8 to 10.

25. A method of increasing endurance exercise performance, said method including administering an effective amount of a food composition according to any one of claims 1 to 4 or 8 to 10.

26. A method of reducing fat mass, said method including administering an B effective amount of a food composition according to any one of claims 1 to 4 or B 8 to 10.

27. A method of improving the bioavailability of components in colostrum which lead to changed work capacity and/or body composition, said method including administering an effective amount of a food composition according to the of claims 1 to 4 or 8 to 10.

20